

- Milk Allowed**
- Any brand
  - Reduced/low fat milk (skim, ½%, 1%, 2%)
  - Whole milk (If printed on WIC check)
  - Gallon plastic containers only



- Not Allowed**
- Sweetened condensed milk
  - Soy milk
  - Flavored milk
  - Organic milk
  - Filled milk
  - Substitutions

- Eggs Allowed**
- Large, white, grade A or AA (1 dozen package)

- Not Allowed**
- Low cholesterol eggs
  - Organic eggs
  - Specialty eggs
  - Brown eggs



- Peanut Butter Allowed**
- Smooth, creamy or regular, store brand only (18 oz jar)



- Not Allowed**
- Crunchy peanut butter
  - Low fat peanut butter
  - Low salt/sodium peanut butter
  - Organic peanut butter
  - Mixtures with jams, jellies or honey

- Cheese Allowed**
- Natural, domestic, plain cheese, store brand only, American, Cheddar, Colby, Colby Jack, Monterey Jack and Mozzarella cheeses (16 oz block cheese)

- Not Allowed**
- Sliced cheese, except for store brand American
    - Cheese additives
    - Cheese spread
    - Cheese product
    - Cholesterol-reduced cheese
    - Individually wrapped slices
  - String cheese
  - Grated cheese
  - Flavored cheese
  - Shredded cheese

- Dried Beans & Peas Allowed**
- Mixed dried beans and peas, store brand only (1 lb bag)
- Not Allowed**
- Organic products
  - Additives or flavors

## For women exclusively breastfeeding

- Carrots Allowed**
- Fresh, including baby or frozen, any cut, any brand (1 or 2 lb package)

- Not Allowed**
- Organic carrots
  - Flavors

- Tuna Allowed**
- Water-packed only, chunk, solid or grated, any brand (5 or 6 oz can)
- Not Allowed**
- Albacore or white tuna
  - Reduced or low salt/sodium tuna



## For Infants Only

- Infant Formula Allowed**
- Brand printed on WIC check, type and size printed on WIC check



- Infant Juice Allowed**
- 100% juice (32 oz bottle)



**Gerber's:**  
Apple  
Apple Banana  
Apple Grape  
Mixed Fruit  
Pear  
White Grape



**Beech-Nut:**  
Apple  
White Grape



**Nature's Goodness:**  
Apple  
Pear  
White Grape

- Infant Cereal Allowed**
- Plain, dry only (8 or 16 oz)

**Gerber's:**



**Beech-Nut:**



**Nature's Goodness:**



## Why reduced/low fat milk for children over 24 months and women?

Nutrients for 8 oz (1 cup) of milk

	Skim Milk (0%)	1% Milk	2% Milk	Whole Milk (3.25%)
Calcium	306 mg	290 mg	285 mg	276 mg
Calories	80	100	120	150
Fat	trace	2 grams	5 grams	8 grams
Cholesterol	5 mg	12 mg	20 mg	24 mg

Source: USDA Nutrient Database for Standard Reference

### Did you know...

- Reduced/low fat milk (skim, ½%, 1%, and 2%) has the same healthy nutrients as whole milk, but with less fat and fewer calories.
- Milk, no matter the fat content, is an excellent source of calcium and other minerals, protein, B vitamins and vitamins A & D.
- Calcium and vitamin D in milk help make your bones and teeth strong and healthy.
- Unlike adults and children over 2 years old, children between the ages of 12 - 23 months need the fat from whole milk or breast milk for growth and development.

[Note] Store brands: Can be the store's own name brand or a brand name carried by the store that was created by the wholesale supplier.

### Missouri Department of Health and Senior Services WIC and Nutrition Services

P.O. Box 570  
Jefferson City, MO 65102-0570  
573-751-6204

[www.dhss.mo.gov/WIC](http://www.dhss.mo.gov/WIC)

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WIC-640 (06-08)

# Missouri WIC

Special Supplemental Nutrition Program  
for Women, Infants and Children

## Approved Food List

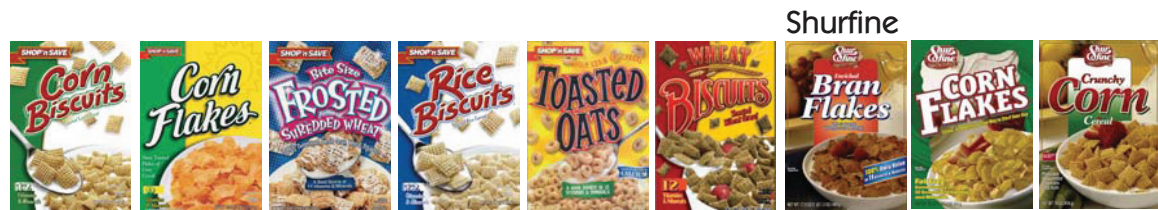


Effective October 1, 2008 -  
September 30, 2009



# Cold Cereal

Mix and match types and sizes, including hot cereals, up to a total of 36 oz. Cold cereals: 12 oz to 36 oz sizes in bag or box of approved brands.



# Hot Cereal

Mix and match types and sizes, including cold cereals, up to a total of 36 oz.



# Juice

Frozen Concentrate 11.5-12 oz



**Always Save**  
Apple  
Orange



**Best Choice**  
Apple  
Grape  
Orange



**Dierbergs**  
Orange  
Orange with Calcium



**Flavorite**  
Apple  
Grapefruit  
Orange  
Orange with Calcium  
Orange Pulp Free  
Orange Country Blend



**Flav-R-Pac**  
Apple  
Orange  
Orange Calcium Rich  
Orange Country Style



**Great Value**  
Apple  
Grape  
Grapefruit  
Orange  
Orange with Calcium  
Orange Country Style



**Hy-Top**  
Apple  
Orange



**Hy-Vee**  
Apple  
Grape  
Orange with Calcium



**IGA**  
Apple  
Orange  
Orange with Calcium  
Orange Country Style



**Kroger**  
Apple  
Grapefruit  
Ruby Red Grapefruit  
Orange  
Orange with Calcium  
Orange with Pulp  
Orange without Pulp



**Langers**  
Apple  
Orange  
Spring Blend  
Summer Blend  
Winter Blend



**Midwest Country**  
**Fare**  
Orange



**Old Orchard**  
Apple  
Apple Cherry  
Apple Cranberry  
Apple Kiwi Strawberry  
Apple Passion Mango  
Apple Raspberry  
Apple Strawberry Banana  
Cranberry Blend  
Cranberry Raspberry  
Grape  
Orange  
Orange Calcium Fortified  
Pineapple  
Pineapple Orange  
Pineapple Orange  
Banana  
White Grape



**Shop N Save**  
Apple  
Orange  
Orange with Calcium



**Shurfine**  
Apple  
Orange

Ready to Serve Cans 46 oz



**Always Save**  
Orange  
Pink Grapefruit  
Tomato  
Vegetable Cocktail



**Best Choice**  
Apple  
Grape  
Grapefruit  
Orange  
Pineapple  
Pink Grapefruit  
Tomato



**Dierbergs**  
Tomato



**Flavorite**  
Grapefruit  
Orange  
Pineapple  
Tomato  
Vegetable



**Great Value**  
Apple  
Pink Grapefruit  
Tomato  
White Grapefruit



**Hy-Top**  
Apple  
Grapefruit  
Orange  
Pink Grapefruit  
Vegetable



**Hy-Vee**  
Pineapple  
Tomato  
Vegetable



**IGA**  
Pineapple  
Tomato  
Vegetable



**Kroger**  
Apple  
Grapefruit  
Orange  
Pineapple  
Pink Grapefruit  
Vegetable



**Schnucks**  
Orange  
Pineapple



**Shop N Save**  
Orange  
Pineapple  
Tomato  
Vegetable



**Shurfine**  
Grapefruit  
Orange  
Pineapple  
Tomato  
Vegetable

